



Breastfeeding is a wonderful gift for both you and your baby.

Breastfeeding may help lower your risk of osteoporosis, also called "brittle bone disease." Some studies show that women who breastfeed are less likely to get osteoporosis.

Ways mothers can prevent osteoporosis:

- Breastfeed your baby.
- Get into the habit of being active. Exercise at least four days a week to make your bones strong. Exercise can be fast walking, jogging, dancing or any physical activity you like that will get your heart pumping and your body sweating. You may start your activity for 10 minutes and work up to 30 minutes or longer, four or five days a week.
- Eat food rich in calcium, such as milk, cheese, yogurt, calcium-fortified orange juice, and calcium-fortified cereals. Add powdered milk to baking recipes, such as pancakes and muffins.
- Get plenty of Vitamin D, which helps your body to absorb calcium. Five to 15 minutes of sunshine each day or drinking milk fortified with Vitamin D is enough.
- Do not smoke. Smoking and being around smoking causes bone loss.

Card #9

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Cucumber Yogurt Salad

Ingredients:

3--4 fresh, small cucumbers, diced
1 small to medium size white onion
1 container of plain yogurt (try low fat yogurt)
Salt and pepper

- If the cucumbers are fresh, you may use them unpeeled. Or you may prefer to peel them anyway.
- Dice cucumbers and onion into very small pieces. (If you prefer, you can shred them, but this may make your salad watery.)
- Add a little salt and pepper.
- Stir in the yogurt.
- Chill at least one hour before serving.

Serves 6-8